

VEGETABLES

Amaranth greens – same as Callaloo, a variety of greens
Avocado
Bell Peppers
Chayote (Mexican Squash)
Cucumber
Dandelion greens
Garbanzo beans
Green banana
Izote – cactus flower/ cactus leaf
Kale
Lettuce (all, except Iceberg)
Mushrooms (all, except Shitake)
Nopales – Mexican Cactus
Okra
Olives
Onions
Poke salad – greens
Sea Vegetables (wakame/dulse/aramé/hijiki/nori)
Squash
Tomato – cherry and plum only
Tomatillo
Turnip greens
Zucchini
Watercress
Purslane (Verdolaga)

FRUITS

Apples
Bananas – the smallest one or the Burro/mid-size (original banana)
Berries – all varieties- Elderberries in any form – no cranberries
Cantaloupe
Cherries
Chirimoya (Sugar Apples)
Currants
Dates
Figs
Grapes- seeded
Limes (key limes preferred with seeds)
Mango
Melons- seeded
Orange (Seville or sour preferred, difficult to find)

Papayas
Peaches
Pears
Plums
Prickly Pear (Cactus Fruit)
Prunes
Raisins –seeded
Soft Jelly Coconuts
Soursops – (Latin or West Indian markets)
Tamarind

ALL NATURAL HERBAL TEAS

Allspice
Anise
Burdock
Chamomile
Elderberry
Fennel
Ginger
Raspberry
Tila

Grains

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

NUTS & SEEDS (Includes Nut & Seed Butters)

Hempseed
Raw Sesame Seeds
Raw Sesame “Tahini” Butter
Walnuts
Brazilian Nuts

OILS

Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hempseed Oil
Avocado Oil